

2013 Kauai JR Lifeguard Program

This **FREE program is open to Kaua'i Youth ages 13-17, the Kaua'i Junior Lifeguard Program teaches Ocean Safety and valuable lifesaving skills. The week-long program runs Monday thru Friday from 10 a.m. – 2 p.m. at different beach locations and is taught by Kaua'i's finest Ocean Safety instructors.**

- *You must be able to swim and run 100 yards non-stop with no assistance as well as give 100% at all times!
- *Kaua'i Jr. Lifeguards are still holding strong as the current State Champions for 9 straight years!
- *Pick up registration forms at **ALL** lifeguard towers!
- *Bring your own lunch, drinks, towel, sun screen each day.



Ready for a challenge? Sign up today! Space is limited. Call the Kaua'i Ocean Safety Bureau at 241-4984 or 241-4168

★ If you need an auxiliary aid, materials in an alternate format or additional support in order to be able to participate please call Kalani Vierra at 241-4984 (voice) or email oceansafety@kauai.gov (text) five days before an event.



Sponsored in part by the County of Kaua'i, the Kaua'i Lifeguard Association, the Hawaiian Lifeguard Association and many generous sponsors that care about Kaua'i's youth.

HANDS ON LEARNING

DRUG AWARENESS

RESCUE SKILLS ★ CPR ★ FIRST AID ★ TEAM WORK ★ PROBLEM SOLVING
BEACH/OCEAN AWARENESS

FREE!

2013 Schedule

Salt Pond.....	June 3-7
Lydgate.....	June 17-21
Po'ipu.....	June 24-28
Hanalei.....	July 8-12
Kalapaki.....	July 15-19

**KAUA'I CHAMPIONSHIPS
JULY 20TH
KALAPAKI BAY**

**2013
STATE CHAMPIONSHIPS
JULY 27TH
MAUI!**

